

TECHNICAL INFORMATION

White Belt Testing Requirements

- A. Basics & Kicks = 1st stripe
1. High block - Low block - Inner forearm block
  2. Front punch - Reverse punch - Knifehand strike
  3. Ready stance - Front stance - Middle stance
  4. Front kicks # 1-2-3-4, Side kicks # 1-2-3-4
  5. Songahm Spirit of Taekwondo
- B. Form = 2nd stripe
1. Songahm 1 = 18 moves
  2. Great attitude
  3. All of the above
- C. One-step sparring = 3rd stripe
1. One-step sparring # 1-2-3
  2. Self-defense techniques

Songahm Spirit of Taekwondo

As ATA event begins:  
 "Sir!  
 I will practice in the Spirit of Taekwondo,  
 with *COURTESY* for fellow students,  
*LOYALTY* for my instructor,  
 and *RESPECT* for my juniors and seniors.  
 Sir!"

As ATA event ends:  
 "Sir!  
 I shall live with *PERSEVERANCE*  
 in the Spirit of Taekwondo,  
 having *HONOR* with others,  
*INTEGRITY* within myself,  
 and *SELF CONTROL* in my actions.  
 Sir!"

Form: SONGAHM IL-JAHNG (#1)

			STANCE	SECTION
1.	L	High Block	F	H
2.	R	Reverse Punch	F	M
3.	R	#2 Front Kick	--	M
4.	R	Low Block	F	L
5.	L	Punch	F	M
6.	R	Inner Forearm Block	M	H
7.	R	#3 Side Kick - Ki-hap	--	M
8.	R	Knifehand Strike	M	M
9.	L	Punch	F	H
10.	R	High Block	F	H
11.	L	Reverse Punch	F	M
12.	L	#2 Front Kick	--	M
13.	L	Low Block	F	L
14.	R	Punch	F	M
15.	L	Inner Forearm Block	M	H
16.	L	#3 Side Kick - Ki-hap	--	M
17.	L	Knifehand Strike	M	M
18.	R	Punch	F	H

One-step Sparring

- (A) Attacker      (D) Defender
1. (A) Step back to left front stance, *Left low block*, Step forward to right front stance, *Right punch (H)*.  
 (D) Right foot steps back to left front stance, *Left high block*, *Right reverse punch (M)*, *Left punch (M)*, *Right reverse punch (H)*.\*
  2. (A) Step back to left front stance, *Left low block*, Step forward to right front stance, *Right punch (H)*.  
 (D) Left foot steps back to middle stance, *Right inner forearm block*, #1 *Right side kick*, Land in middle stance, *Right knifehand strike (M or H)*.\*
  3. (A) Step back to left front stance, *Left low block*, #2 *Right front kick (M)*, Land in right front stance.  
 (D) Right foot steps back to left front stance, *Left low block*, #1 *Left front kick*, Land in left front stance, *Right reverse punch (M)*, *Left punch (H)*.\*

\*Finish each with a step/double step back to left low block

Self-defense Techniques - Optional

1. (A) *Wrist grab*.  
 (D) *Wrist rotates* to weak link, repeat *knifehand strike*.
2. (A) *Lapel grab*.  
 (D) *Forearm strike* to radial nerve, three *punches*.

## SETTING GOALS AND PERSONAL VICTORY

A philosopher once said "we cannot save time ... we only spend time ... and we must choose to spend it wisely. The way we spend our time determines the course of our lives".

Goal setting and the subsequent achievement of those goals revolve around time ... and the management of time.

When we set a goal for ourselves it is imperative that we also set a specific time for its completion. Otherwise, it will become another one of those objectives that you never quite achieve, one that you'll get around to "some day".

At ATA Taekwondo, we insist that you set dates for your short range goals (your next belt) and for your long range goals (your black belt). Having set a time for the completion of that goal, you must then break down the steps of achievement into weekly increments.

With your Taekwondo training you will select the two days from your schedule that you will plan to make on a weekly basis and write those, along with the exam date you're aiming for, onto your personal calendar. Build your personal schedule around those classes, knowing that if you have a problem, you can reschedule with us for another day with a simple phone call. But be sure to make up that class so that you can stay **ON TARGET** for your goal.

On the next page, write down your Taekwondo goal -- in 250 words or less -- and every week, take a minute ... review your goal ... and check your performance by reviewing your curriculum requirements and your class schedule to make sure you are **ON TARGET** to reach your goal in the time prescribed. Parents will find this procedure very rewarding.

If you feel you're off target and need help, let your instructor know what you're having trouble with, and he/she will help you.

Keep that **GOAL** firmly planted in your mind. Do the same thing with **ALL GOALS** that are worthwhile.

Write them down. Review them often. And make sure your performance matches your goals.

If you do, you will succeed! At whatever you choose! Get started and **GOOD LUCK!**

There are four steps to accomplishment: Plan Purposefully.  
Prepare Prayerfully. Proceed Positively. Pursue Persistently.

Anonymous